



COUNTY OF KAUAI

**AGENCY ON ELDERLY AFFAIRS**

**News Release**

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**Workshop series offers seniors help with managing diabetes**

LĪHU'E – Over the last few years, many Kaua'i kupuna have benefitted from the Diabetes Self-Management Program offered by the Agency on Elderly Affairs (AEA).

"I encourage kupuna who would like to improve their health to sign up for the upcoming workshops," said Kealoha Takahashi, executive on aging.

The popular six-week series starts this Friday, Sept. 16, and will be held at two locations:

- Waimea Neighborhood Center – 10 a.m. to 12:30 p.m., Fridays
- Līhu'e Civic Center, Pi'ikoi Building – 3 to 5:30 p.m., Fridays

To gain maximum benefit, participants should plan to attend all six sessions.

The cost of the workshop is \$12 for seniors 60 years and older, and it includes a companion book and a relaxation CD/audio tape.

If space is available, younger people will be able to attend the workshop for a \$40 fee.

Pre-registration is required and is limited to 16 participants and their caregivers.

Scholarships are available.

Among the topics that will be covered are:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration
- Appropriate exercise for maintaining and improving strength and endurance

- Healthy eating
- Appropriate use of medication
- How to work more effectively with health care providers

Participants will make weekly action plans, share their experiences, and help each other solve the problems they encounter.

The workshops are part of a statewide initiative called “Healthy Aging Partnership – Empowering Elders.”

Funding for the program is provided by the U.S. Department of Health and Human Services (DOHHS), Administration on Aging through the state Department of Health, Executive Office on Aging, AEA and the DOHHS’ Communities Putting Prevention to Work program.

Developed by Stanford University, the program is designed to provide support and build confidence in the participants’ ability to manage their diabetes while maintaining active and fulfilling lives.

To register or to request materials in an alternate format or an auxiliary aid, please contact Johnny Yago at 241-4470 or [jyago@kauai.gov](mailto:jyago@kauai.gov) at least three business days before the start of the workshop.